

Expert for Mental Strength, Leadership & Motivation, Go for Gold!

Antje Heimsoeth

Antje Heimsoeth, born 1964. In 2003 she founded her own company – The Heimsoeth Academy – as a surveyor. As a business, mental and performance coach, she coaches and trains executives, entrepreneurs, board members, politicians and business personalities. Heimsoeth is one of the best known mental coaches in the German speaking countries. Her experience with international corporations, DAX-listed companies and traditional medium-sized businesses as well as numerous international top athletes – her clients include numerous Olympic and world champions -, German and international sports teams and national coaches make her one of the most sought-after speakers at congresses and events…

Topics

- Health / Nutrition
- Leadership
- Motivation
- Resilience / Mental Health
- Sports
- Start Up / Entrepreneurship
- Time Management / Self-Leadership
- Trainers / Workshops

Languages

- English
- German

Details & contact information

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